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Half-million transit trips could be cut

CITY COUNCIL The proposed \$3-million worth of cuts to OC Transpo's 2010 budget will cost the transit service 597,000 passenger trips, according to Bay Ward Coun. Alex Cullen, chair of the city's transit committee

The cuts would affect 47 bus routes across the city. Some, like Route 6, would be completely eliminated. Many others would have reduced service on evenings and weekends.

"The mayor's objective to reach a 3.9 per cent tax increase comes at a cost, and that is reducing bus service to people who need it to get work or school," said Cullen.

'We will lose over half a million riders as a result of these cuts, if they are adopted by city council. It will be a backward step in the city's march to achieving a 30 per cent modal share of all transportation trips by public transit."

TIM WIECLAWSKI/METRO OTTAWA

News on the Maye

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barcode for?

Food pg 23

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 $Ottawa\ firefighters\ take\ down\ a\ Greenpeace\ banner\ yesterday\ from\ The\ West\ Block\ of\ Parliament\ Hill.\ Nineteen\ activists\ appeared$ on the roof of the Parliament Buildings yesterday around 7:30 a.m. They have all been arrested.

Greenpeace takes Hill

Activists breach security to get their message to leaders

"(Climate change is)

costing human

TIM WIECLAWSKI tim.wieclawski@metrone

RCMP and Ottawa police are investigating after 19 Greenpeace activists breached Parliament Hill security to hang two large banners from The West Block early yesterday

Fourteen Greenpeace activists appeared on the roof of the west block around 7:30 a.m. Five protesters were escorted off an entrance-way tower to the Senate in the Centre Block about one hour after staking their ground and unfurling a large banner saying "Stop the Oil Sands." Police used a fire truckmounted ladder to get them down. Around 9:20 a.m., the

group on The West Block released its banners, one in French and one in English,

reading "Harper/Ig natieff Inac- dangerous and it's mate tion Lives."

Ottawa fire- lives." fighters were Christy Ferguson, called in to Greenpeace remove the banners.

Along with one person from the street, Ottawa police took a total of 20 people into custody.

All the accused have been jointly charged with mischief in regards to the enjoyment of a property and unlawful assembly. Since none of the accused resides in Ottawa they have been released, with conditions,

RCMP Cpl. Caroline Poulin said they would be conducting their investiga-

along tion Senate with and House of Commons Security to determine how the protesters gained acFerguson said the stunt was

intended to send a message

to Prime Minister Stephen

Leader Michael Ignatieff

that their failure to take se-

rious action on climate

costing human lives," she

"It's dangerous and it's

The stunt was meant to

ference in Copenhagen,

has been globally

criticized for its

Canada

environ-

policy.

WITH FILES

FROM THE

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DIAN

Denmark.

poor mental

change is wrong.

and Opposition

Harper

cess to the roof. coincide with the start of Christy Ferguson the UN climate change consaid the

Greenpeace group considers the protest a success, since it has attracted attention and sparked conversation on the Hill. wouldn't She

divulge how the protesters got up on the roof.

Poll: Canucks cool to feds' climate targets



ENVIRONMENT Most Canadians don't agree with a key position of the Harper government on climate change as a major UN conference opens in Copenhagen, a new poll suggests.

The Conservatives have doused hopes of a Copenhagen deal, saying Canada has set its greenhouse-gas emission targets and won't budge unless developing countries sign on.

But 64 per cent of respondents to a survey by The Canadian Press Harris-Decima said industrialized nations have a responsibility to commit to harder targets than developing countries.

Most also want to see a binding agreement come out of Copenhagen, and 81 per cent said Canada should act independently of the U.S.

The survey also shows that 46 per cent of respondents would like to see Canada play a lead role at the conference.

The number of people in society who feel like this is something that requires action is high," said Doug Anderson, senior vice-president of Harris-Decima.

"But most Canadians are still not at that emotional, 'I'm willing to step out of my house and go to a protest' kind of a situation on this. Yet that's not to say that they are not interested in seeing a pragmatic solution.

"It's no longer a situation where people say ... this isn't something that's a concern, or this isn't something that requires action. It's both of those for most Canadians." THE CANADIAN





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Local



Group rallying against green bin

The Ottawa Taxpayer Advocacy Group is holding a Dump the Green Bin rally and auction tomorrow at 11 a.m. in front of city hall. While the group supports reducing, reusing, recycling and composting, it says the total cost of this landfill diversion is too high and it is concerned about the lack of consultation on a 127 per cent increase in the waste collec-

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News in brief

CHARGES Two men are facing robbery and weapons charges after a 25-year-old male was accosted in the parking lot of an apartment complex in the 1100 block of Fisher Ave. on Dec. 3 WASTE Organic waste collection will begin on Jan. 4 and be processed outside the city until the new Orgaworld facility is ready Jan. 27. METRO OTTAWA

metr@news.ca What's online today

Video RCMP investigate how Greenpeace protesters scaled Parliament Buildings at metronews.ca/canada Your Money Allan Small on what impact America's

surprising unemployment numbers could have on the markets at metronews.ca/ investing

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Library votes to cut budget by \$700K

Board OKs spending deferrals, but total savings less than \$1M requested by city

STEVE COLLINS

Faced with a request to cut a million dollars from their 2010 operating budget, the Ottawa Public Library board instead voted yesterday to reduce it by only \$700,000.

"This is no chump change. We have cut our budget by \$700,000 ... and we've done our due dilisaid Barrhaven Coun. Jan Harder, who chairs the Library board and is vice-chair of the finance committee

As part of an effort to keep the annual property tax increase less than four per cent, the city's audit, budget and finance committee had asked the library and Ottawa Police Services boards to reduce their operating budgets by \$1 million each, and Ottawa Hydro by \$2 million.

Somerset Coun, Diane Holmes argued that it was unfair to ask the library to come up with the same savings as the police department, which has a budget eight times as large.

The library's original operating budget had called for a \$2.7-million increase.

The board voted 9-2 in

favour of a motion by Kanata South Coun. Peggy Feltmate to adopt a \$1 million package of spending deferrals, but reverse \$300,000 in cuts to funding for expanded hours on Sundays and

Among the casualties in the new proposed budget are funding for capital projmanagement

for new library materials.

(\$100,000), social networking and digital services (\$65,000) and diversity and outreach services (\$65,000).

Another motion by Beacon-Hill Coun, Michel Bellemare to defer the \$65,000 salary for a public information officer for the library in favour of maintaining \$65,000 in funding for children's and teens' services in French, also passed 9-2.

The library board will present the revised numbers to city council tomorrow.

Youth worker beat drug habit, now torchbearer

Three years ago Dion Metcalfe was a hardcore drug addict, spending up to \$100 a day to feed a crack habit that had destroyed his life.

"I was a down and out crackhead. I couldn't take care of myself, let alone my own kids," said Metcalfe, 32, now a youth worker at the Wabano Centre for Aboriginal Health.

His kids were actually taken away from him by the Children's Aid Society, before he decided to get sober on Jan. 7, 2007.

He said he worked very hard to get his kids back and they are a constant reminder why he needed to

On Dec. 12, Metcalfe's children and over 30 friends and family members will watch as he carries the Olympic torch, a few hundred yards down Queen Elizabeth Drive, as a member of the all-aboriginal torch-bearing team Hawk Studio All Nations Warriors.

"I really appreciate the once in a lifetime opportu-

613-744-3333

2010 Games

nity to represent Canada by carrying the torch," he said. Yesterday, Metcalfe and

the rest of his team gathered at the Sweetgrass Bistro in the Byward Market to help unveil the Ontario Aboriginal Art Bottle designed by First Nations artist Elliott Doxtater-Wvnn.

The 15 giant Coca-Cola bottles are being unveiled regionally as the Olympic torch makes its way across the country

Doxtater-Wynn's bottle is made from woven branches decorated with wooden representations of spirit animals. "It's more to illustrate the beauty and energy of the culture," said Doxtater-Wynn.

During the Vancouver 2010 games each bottle will be auctioned to collectors, with proceeds benefitting the Vancouver 2010 Aboriginal Youth Legacy Fund.

TIM WIECLAWSKI/METRO OTTAWA



team Hawk Studio All Nations Warriors, poses with the Ontario Coca-Cola Aboriginal Art Bottle and winning artist Elliott Doxtater-Wynn, yesterday at the Sweetgrass Bistro.

DON'T DRINK AND DRIVE

Snow, rain, freezing rain ... it's on its way

FORECAST Ottawa's first serious taste of winter weather could come tomorrow, with at least 15 centimetres of snow expected to fall over the course of the day.

And it might get messier with snow turning to rain, and then possibly to freezing rain as temperatures drop overnight, said Peter Kimbell, a warning preparedness meteorologist at Environment Canada.

"It's still early, but we are suspecting that there could be indeed a transition over to rain at some point, very possibly Wednesday evening," Kimbell said.

While the storm shouldn't affect morning traffic, Kimbell said drivers could well expect challenges driving home tomorrow.

"Thursday morning would probably be a bit treacherous as well, with temperatures going back below zero," he said.

STEVE COLLINS/



Diabetes numbers expected to rise

The number of Canadians diagnosed with diabetes and its cost to the economy are expected to soar over the next decade, says a report by the Canadian Diabetes Association, which is calling for urgent action to stem the tide of the disease. The CANADIAN PRESS

Canada



Minister found guilty in fraud case

Former Newfoundland and Labrador Liberal cabinet minister Jim Walsh, left, was found guilty yesterday of two of three charges for his role in the province's constituency allowance spending scandal. Provincial court Judge David Orr convicted Walsh of fraud over 55,000 and breach of trust by a public officer. Walsh was acquitted on a charge of frauds on government, also known as influence peddling. THE CANADIAN PRESS

Harper tries to woo Korea

Prime Minister looking to Asian nation for future economic growth

Canada must look to the East for economic opportunities because its traditional trading partners, the U.S. and Europe, will be mired in slow growth for some time, Prime Minister Stephen Harper said yesterday as he wrapped up his visit to South Korea.

Harper said Asia is becoming the world's economic engine and Canada has the natural resources the region needs to fuel its economies.

"We have every reason to believe that the markets in the United States and Europe ... will probably experience continued slower growth for some time to come," Harper said.

"So the great opportunity is obviously in the Asia-Pacific region."

Besides resources, Harper said Canada has other advantages, like deep cultural links that "should give us somewhat of a privileged position as we move forward into the future."

The prime minister commented after a two-hour meeting with Korean Presi"The great opportunity is obviously in the Asia-Pacific region."

PM Stephen Harper

dent Lee Myung-bak at the conclusion of what has been a sometimes rocky sixday tour of China and South Korea.

Harper and Lee emerged from their talks at the palatial Blue House in downtown Seoul proclaiming they would redouble efforts to reach a comprehensive trade deal that has eluded the two nations for years.

Both also pledged to work on lifting the six-year import ban on Canadian beef, although Lee noted it is a "sensitive issue" in Korea.

Talks on both issues have met strong domestic lobbies — the auto sector in Canada which complains it is being deprived access to Korean markets, and Korean farmers seeking protection from importers.

Though promises were

made, there were no breakthroughs for Harper in South Korea during his oneday visit, which was highlighted by his address to the national assembly — a first for a Canadian prime minister. THE CANADIAN PRESS

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Barack Obama dispatches a top envo to North Korea in an effort to ease tensions on the peninsula. Scan

Opioid deaths soar in past decade: Study

HEALTH A new study says accidental deaths due to opioid use in Ontario have soared over the past couple of decades.

The study says there's been a five-fold increase in deaths linked to oxycodone use since Oxy-Contin, which is a slow-release version of the opioid, came on the market.

The researchers say opioid-related deaths claim more people each year in Ontario than HIV.

The study, published in the Canadian Medical Association Journal, says most of the deaths appear to be unintentional.

In fact, just under a quarter of the 3,400 opioid-related deaths appear to have been suicide.

A commentary suggests too many of these drugs may be being dispensed in Canada, noting the per capita rate of use here is five times that of the United Kingdom.

THE CANADIAN PRESS

Lindhout has left Nairobi, family spokesperson says

FREED A family spokeswoman confirmed yesterday that an Alberta woman recently freed after 15 months of captivity in Somalia is returning to Canada this week.

Sarah Geddes said in an email freelance journalist Amanda Lindhout and her family have left Nairobi.

Geddes said no other details are being released because the family has requested privacy.

Reports have suggested that the Canadian government would send a plane to Kenya to bring her home, but Foreign Affairs officials citing privacy concerns have not commented.

Lindhout and Australian photographer Nigel Brennan had been staying in Nairobi for medical treatment since they were freed Nov. 25.

THE CANADIAN PRESS

NDP unites in attempt to stop harmonized tax

HST As HST legislation moves closer to passing in both Ottawa and at Queen's Park, NDP leaders are warning the new levy will help Bay Street on the backs of Main Street.

Ontario NDP Leader Andrea Horwath and B.C. NDP Leader Carole James joined federal leader Jack Layton yesterday in solidarity against the harmonized sales tax, which melds provincial sales taxes with the federal GST.

"It's basically kicking people when they are already down in terms of their financial situation," Horwath said. "Ontarians have loudly and clearly rejected the idea of shifting the tax burden onto the backs of consumers while giving the corporate sector a huge tax giveaway."

She and James emphasized the overwhelming



Ontario NDP Leader Andrea Horwath, left, federal NDP Leader Jack Layton and British Columbia NDP Leader Carole James express their opposition to the HST being imposed on families in their respective provinces, in Ottawa yesterday.

majority of taxpayers in both provinces oppose the tax, which will increase levies on hundreds of goods and services, including home heating fuel, gasoline, taxi fares, haircuts and legal fees.

But HST supporters say it will reduce taxes for businesses and those savings could be used to hire more employees.

In Ontario, the levy will be 13 per cent while in B.C. it will be 12 per cent. The tax will take effect on July 1 in both provinces.

Last week, in a 192-32 vote, the Conservatives, Liberals and Bloc Québécois supported a ways and means motion amending the Excise Tax Act, one step toward implement-

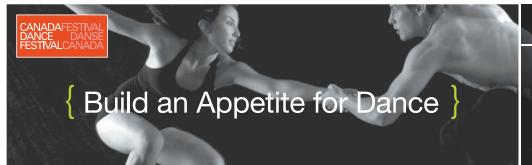
ing the blended tax.
Federal governments of various political stripes have been urging the provinces for years to harmonize the GST and the provincial sales taxes.

TORSTAR NEWS SERVICE

News in brief

OIL SANDS An independent study suggests that pollution from Alberta's oilsands is nearly five times greater than official estimates. The study says toxic emissions from the controversial industry are the equivalent of a major oil spill repeated every year. Government and industry officials have said contamination in the area's soil and rivers occurs naturally, but the report links it firmly to oilsands mining. Report author David Schindler says overall levels of chemicals are still low.

THE CANADIAN PRESS



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canada

Yukon sends 12 people to Denmark climate talks

When a dozen delegates from the Yukon land in Denmark later they will be among the best-represented jurisdictions in Canada. THE CANADIAN PRESS

Liberals deny plot to remove Ignatieff

Liberal Leader Michael Ignatieff is shrugging off rumours of coup plots against him as "gossip," not to be taken seriously.

Ignatieff was responding to a column in Sunday's Toronto Star, which alleged that discontented MPs met with Bob Rae (Toronto Centre) last week and vented their frustration with Ignatieff's leadership.

Rae and almost all the MPs mentioned in the story issued swift denials to the

"The column is a fiction of the columnist's own device."

MP Carolyn Bennett

Star as soon as it appeared on the weekend, calling it "fiction."

"I think it starts by not taking Angelo Persichilli too seriously," Ignatieff said, referring to the author of the Star column.

"I was a participant in the

column)," Toronto MP Carolyn Bennett said, "and Mr. Persichilli was not.

"I participated in a conversation about ensuring that Michael Ignatieff becomes the next Prime Minister of Canada. The column is a fiction of the columnist's own device."

Persichilli said he had not expected anyone to publicly confirm the column.

"I stand by my story," he TORSTAR NEWS SERVICE

Black's appeal heading to U.S. Supreme Court

LAW Conrad Black is taking his fight to the U.S. Supreme Court in a last-ditch appeal that, if successful, could grant him the vindication he has

long dreamed of and cast doubt on a controversial law used to trap white-collar Conrad Black

Black, a member of the British House of Lords, has been serving a 61/2-year prison term at the federal prison in Coleman, Fla., for fraud and obstruction of justice. He will not be present at the hearing in Washington today.

His lawyers have readied an attack that focuses on the right to honest serv-

- a concept developed to convict corrupt politicians who were seen as defrauding the public of their "honest services" as public servants - and whether it should apply to private conduct.

In documents ahead of the hearing, lawyers for Black and two co-defendants argue the government stretched that concept to fit the men's crimes and based it on the evidence of David Radler. the prosecution's star wit-THE CANADIAN PRESS







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Man in Motion Rick Hansen will welcome athletes when they arrive in Vancouver for the 2010 Winter Games next February.

Hansen is one of eight honorary mayors of the athletes villages named by Vancouver Games organizers to greet the world's Olympic and Paralympic athletes. The CANADIAN PRESS



Sherry Sherret-Robinson was exonorated yesterday a by the Ontario court of appeal in the death of her infant, because of flawed testimony by disgraced pathologist Charles Smith.

Conviction of mom wrong, panel finds

Highest court in province clears woman of baby-killing rap

Ontario's highest court has ruled a mother was wrongfully convicted in the death of her infant son, clearing her of the baby-killer label hanging over her head for 13 years due in part to evidence of the now disgraced pathologist Dr. Charles Smith.

Both the defence and Crown called for Sherry Sherret-Robinson's acquittal at a hearing yesterday in the Court of Appeal for Ontario due to new expert evidence that "conclusive-ly refutes critical aspects" of Smith's opinion.

"The appellant's conviction was wrong and she was the victim of a miscarriage of justice," the threejudge panel said, returning their ruling after weighing the arguments for about 20 minutes.

Sherret-Robinson's lower lip quivered as the judges told her: "You were wrongfully convicted."

To hear those words, exonerating her of deliberately smothering her four-month-old son Joshua 13 years ago, was a great relief, she said.

"It lifted a huge weight off my shoulders," Sherret-

"It lifted a huge weight off my shoulders."

Sherry Sherret-Robinson

Robinson said outside

court.
"To be able to know that it's actually been acknowledged, that I don't have to continue to say, 'I didn't do anything,' it just meant a

Smith concluded the boy, Joshua, died of as-phyxia and that his death was suspicious due in part to a skull fracture and

neck hemorrhages. But Dr. Michael Polla-nen, Ontario's chief forensic pathologist and other experts found there was no skull fracture and the neck hemorrhages were in fact caused by Smith during the autopsy.

The experts concluded there is no basis in the pathology to support Smith's inference that the was deliberately smothered or suffocated, but that it can't be ruled THE CANADIAN PRESS

User fees in danger: Auditor

COLLECTION Ontario's auditor general says about a quarter of the \$2 billion the province collects each year in user fees may be in

Auditor general Jim Mc-Carter says more than \$500 million in user fees that the government collects from alcohol, gaming and registration services could be considered unlawful due to a 1998 Supreme Court ruling.

He says the government

Report

 The report also found that the government isn't doing a good job of looking into consumer complaints and employs only four or fewer inspectors — about one for every 100,000 businesses.

has known about the problem for some time but hasn't taken action to fix it by passing enabling legisla-

tion. His annual report also found that about \$45 million saved by hospitals through group purchasing isn't all going back into front-line services, as the government claims. He says almost half of the money — \$20 million — was kept by an unnamed agency that was doing the group purchasing to develop its own information technology system. Mc-Carter refused to name the THE CANADIAN PRESS agency.

News in brief

SEALING Prices per pelt, at \$14, plunged from a high of \$105 in 2006 as the global recession drove down demand for fur and the European Union mulled an animal rightsfuelled ban on seal products. Twillingate, N.L., once a global capital of the commercial harp seal hunt off Newfoundland's northeast coast, has felt the economic brunt. Just three longliners headed to the ice floes this year, down from about 25 the year before and hundreds when pelt prices peaked. THE CANADIAN PRESS





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World

Step clears way for more U.S. controls

The Obama administration took a major step yesterday toward imposing the first U.S. government limits on climate-changing pollution from cars, power plants and factories, declaring there was compelling scientific evidence that global warming from manmade greenhouse gases endangers Americans' health.

The announcement by the Environmental Protection Agency was clearly

Go Green

timed to build momentum toward an agreement at the international conference on climate change that opened yesterday in Copenhagen. It signalled the administration was prepared to push ahead for significant controls in the U.S. if Congress does not act first on its own.

The EPA finding clears the way for rules that eventually could force the sale of more fuel-efficient vehicles and require plants to install costly new equipment or shift to other forms of energy.

Energy prices for many Americans probably would rise — though yesterday's finding will have no immediate impact since regulations have yet to be written. Supporters of separate legislation in Congress argue they could craft measures that would mitigate some of those costs.

THE ASSOCIATED PRESS

Denmark Climate conference opens



Illuminated sculptures outside the Bella Centre, site of the Climate Conference in Copenhagen, Denmark, yesterday. The largest and most important UN climate change conference in history opened with organizers warning diplomats from 192 nations that this could be the best, last chance for a deal to protect the world from calamitous global warming.

Protests return to Iran

TEHRAN Tens of thousands of students, many shouting "Death to the Dictator!" and burning pictures of Iran's supreme leader, took to the streets on more than a dozen campuses yesterday in the biggest anti-government protests in months.

Riot police and pro-government Basij militiamen on fleets of motorcycles flooded Tehran's main thoroughfares, beating men and women with clubs as crowds of demonstrators hurled bricks and stones. Some protesters set tires and garbage cans ablaze.

"Death to the oppressor, whether it's the shah or the leader!" the students chanted, according to witnesses — making a daring comparison between Supreme Leader Ayatollah Ali Khamenei and the pro-U.S. shah, despised in Iran since his overthrow in the 1979 Islamic Revolution.

The protests reflected how university students — the driving force of the 1979 Islamic Revolution — have revitalized the antigovernment movement even as mainstream opposition politicians struggle to dent the power of President Mahmoud Ahmadinejad and Iran's clerical leadership.

Inside the walled campus of Tehran University, fistfights broke out between protesters and hard-line students loyal to the government.

THE ASSOCIATED PRESS

News in brief

PAKISTAN Separate bombings in the Pakistani cities of Lahore and Peshawar killed 46 people yesterday, as militants struck back in the wake of an army offensive against a Taliban stronghold near the Afghan border.

CHINA Chinese media reported yesterday that eight students were killed and another 26 injured in a school stampede in the central province of Hunan.

THE ASSOCIATED PRESS

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Diplomats ease fears that the Italian conviction of U.S. student Amanda Knox will lead to a crisis between the two nations. Scan this barcode for the full story.

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10 world

Hawaii surfers anticipate biggest waves in years Thousands of spectators and surfers are flocking to Hawaii's beaches to see the biggest waves in years crash ashore. Heavy traffic backed up for kilometres yesterday along roads leading to Oahu's North Shore. Some of the world's most daring surfers took on the powerful and dangerous waves, which forecasters say could reach heights of 15 metres. THE ASSOCIATED PRESS

Canada jokes 'all in good fun': Ohno

Apolo Anton Ohno doesn't think Stephen Colbert is a

Responding to criticism of the mock pundit by U.S. speedskating star Shani Davis, teammate Ohno said yesterday he's amused by Colbert's antics — including a contrived feud with Olympic host Canada and is glad that he stepped on board as the primary sponsor of the American team

That effort has raised more than \$250,000 US, nearly making up a shortfall that resulted when the previous sponsor went bust.

Last week, Davis, a 2006 gold medallist on the long track, called Colbert "a jerk," apparently in reference to the comedian making light of actual complaints that Canada has limited training time for foreign athletes at the Vancouver venues in hopes of gaining a home-ice advantage during the Olympics.

The host of The Colbert Report recently launched a letter-writing campaign urging the Canadians to quit being "ice-holes."

"I have not talked with Shani about that yet," Ohno said. "I don't know what his reasons were for saying that. I can't speak on his behalf, but it was an interesting comment."

Ohno, two-time Olympian who has won two golds and five medals overall in short track speedskating, said he's a fan of Col-

bert.
"I think he's funny,"
Ohno said. "Our country is kind of in need of some humour right now, and it's all for a good cause.'

What about Colbert's shots at Canada, which have included calling the neighbour to the north "syrup suckers?" "It was a joke," Ohno said.

"It was all in good fun. I just

enjoy it."
U.S. Speedskating is certainly enjoying its relationship with Colbert, who offered his website to raise funds after Dutch bank DSB went bankrupt in October. In return, most American skaters are wearing the "Colbert Nation" logo on their suits and the comedian is getting a chance to have some fun.

THE ASSOCIATED PRESS

Somalia **Demonstrations broken up**



Sudanese demonstrators rally demanding electoral reforms, ahead of next year's national elections, in the capital city of Khartoum yesterday. Tear gas and batons were used to break up the demonstration.

Judge orders student to destroy downloaded music

BOSTON A graduate student who must pay four record combined labels a combined \$675,000 US in damages for downloading and sharing songs online has been ordered to destroy his illegal music files - but a judge declined to force him to stop promoting the

activity that got him in trouble.

Boston University student, was ordered yesterday to refrain from future copyright violations and to destroy copies of recordings he downloaded without authorization.

Record companies wanted U.S. District Judge Nancy Gertner to go further. They claimed Tenenbaum has been encouraging people to visit a Swedish website where they can illegally download the songs he was sued for sharing.

THE ASSOCIATED PRESS

News in brief

MARIJUANA Paraguay has become South America's leading marijuana producer, its interior minister acknowledged in

an interview. The latest UN World Drug Report estimates that Paraguay's pot industry grew 5,900 tons of the weed

last year, more than half the continent's entire clandestine production.

THE ASSOCIATED PRESS



Florida teen says she was refused McDonald's interview because of gender

A transgender teenager says managers at a McDonald's restaurant in Florida discriminated against her when they refused to interview her for a job. Zikerria Bellamy, 17, said two managers wouldn't interview her on two occasions. Later, she said a manager left her a voicemail, using a gay slur to let her know she wouldn't be hired. THE ASSOCIATED PRESS

world 11

N. Korea grilled before UN rights council

North Korea made a rare appearance before a UN human rights organization yesterday, facing accusations of widespread abuses such as forced labour, public executions and torture.

The communist state, which also was accused of

allowing its population to go hungry and forcing women prison inmates to have abortions, defended itself before the Human Rights Council during a three-hour session in surprisingly candid language. At one point, it said public executions were carried

out at request of victims' families.

But North Korean Ambassador Ri Tcheul also told delegations the hearing was "unpleasant"

ing was "unpleasant."
Limited arable land and natural disasters have prevented the government from being able to feed the

entire population, Ri said. But he said the situation has improved in recent years. Diplomats weren't convinced.

Canada's representative, John Von Kaufmann, was among those who urged the mostly closed communist country to allow aid workers to bring food to the chronically undernourished population.

New Zealand's official, Wendy Hinton, said children and women are severely malnourished because the military has priority in receiving food.

The UN estimates that

8.7 million people need food in North Korea. The country has relied on foreign assistance to feed its population since the mid-1990s when its economy was hit by natural disasters and the loss of the regime's Soviet benefactor.

THE ASSOCIATED PRESS

Suspect in Danish terror case linked to Mumbai attack

CHARGES A Chicago man accused of planning an armed attack on a Danish newspaper was charged yesterday with conducting surveillance on potential targets in the Indian city of Mumbai before terrorist attacks there in 2008 that killed 166 people.

David Coleman Headley was charged with 12 counts, including six counts of conspiracy to bomb public places in India, to murder and maim individuals in India and Denmark and other offences. He could be sentenced to death if convicted on the charges involving the terrorist attacks in Mumbai.

Headley's attorney John T. Theis said he would "continue to look at this and see what the evidence is," but declined to comment further.

Authorities in Washington said Headley has cooperated with investigators in both the Danish and Indian plots since his arrest.

A retired major in the Pakistani military, Abdur Rehman Hashim Syed, was charged with conspiring to attack the Danish newspaper and its employees.

Headley, 48, an American citizen formerly named Daood Gilani, and Chicago businessman Tahawwur Rana, 48, a Canadian national, were charged in October with plotting to attack the Jyllands Posten newspaper.

THE ASSOCIATED PRESS

News in brief

THEFT Puerto Rican activists are calling for an investigation at a Philadelphia hospital where a respected community member died waiting for treatment. Police say 63-year-old Joaquin Rivera also had his watch stolen by a trio of criminals while slumped over in the waiting room. Rivera complained of chest pain at Aria Health's Frankford Campus on Nov. 28 but died before receiving care.





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Comment & Views

Comment

Tories late to the table

loathe the idea of

on other matters.



ou don't have to look too closely to notice a pattern in governing Conservatives.

They're late learners.

On two of the biggest trendlines of our time global warming and the rise of China — they are among the last to the

In South Korea yesterday, Prime Minister Stephen Harper stated what has been obvious for many years — that Canada must increasingly look to the Asia-Pacific region for opportunities because it is world's big growth area. He had come from China where he was scolded by the leadership for taking almost four years to

Soon he will be off to Copenhagen for the UN climate change summit. A week ago, he was at a Commonwealth meeting in Trinidad, where Ottawa's foot-dragging

on that issue "Conservatives was singled out by the UN understandably Secretary General, well as other new taxes but, as leaders.

In Denmark old beliefs have to he may surprise us and be adjusted to fit signal, as he new circumstance."

with China, a new seriousness about the global warming issue. But even if he does, opposition critics have a right to wonder what took so long.

One explanation is Harper was a neophyte in for-eign affairs when he became prime minister. His experience had been insular. He faced a steep learning curve. Another was his strong ties to his conservative roots. Conservatives believed Canada's economic future lay in an evercloser economic partnership with the States. As for global warming, they were longtime non-believ-

ers, as exem-plified by the PM once labelling the Kyoto accord socialist scheme.

For and his party to get beyond the old-time religion has

been a tough challenge. It was evident, too, in the Tories' handling of the economy. We recall little more than a year ago when the PM and his finance minister were among the last of the Western leaders to recognize the oncoming recession. They were holding to the view that there would be balanced budgets for years to come, that no

great spurt of stimulus funding was necessary. They were then smart enough to abruptly switch course and bring in Keynesian-styled economic strategies that ran against party dogma.

Another breaking-withdogma test will be on the subject of taxation. To date, the government is holding to the line that, despite a deficit bordering on \$60 billion, no new taxes need be introduced to address it and avoid what many economists foresee as a structural deficit. Conservatives understandably loathe the idea of new taxes but, as on other matters, old beliefs have to be adjusted to fit new circumstance.

Hopefully, the gang that shoots late has learned by now that the adjustments shouldn't take years to

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



Worth mentioning

Texas man gives Santa a Renaissance makeover

A Texas homeowner who adorned his front lawn with Michelangelo's David as a scantily clad Santa got more

than jolly "I just like to shock just laughs from neigh- people to make his bours. Barry

McBee he was aim- around here." ing to make Barry McBee people chuck-

le by adding a Santa hat and white beard to the 1.5metre-tall replica of the Renaissance statue with six-pack abs — an image at odds with usual depictions

Then, parents started calling Big Spring city officials saying their children were asking why Santa was naked.

of a fat, jolly St. Nick.

"I just like to shock people to make them laugh, kind of break the monotonv around here," said

McBee. who has all kinds animal yard them laugh, kind of ments in his break the monotony garage. "I just bring them out occasionally."

Last week. code enforcement officials received an informal complaint and an officer went to photograph where McBee had placed the statue, which is normally in the backyard.

McBee eventually put a pair of black and white faux-velvet shorts, with a Christmas bow, on the stat-THE ASSOCIATED PRESS

Views Structural leeway enables white-collar crime



If PricewaterhouseCoopers' annual survey is an accurate indicator, economic or "white-collar" crime in "white-collar" crime in Canada is growing at a disturbing rate, and far faster than in other developed countries.

The accounting giant, which has been toting crime statistics in 26 nations for the past five years, finds, that in 2009, 56 per cent of Canadian companies surveyed reported instances of fraud, a 10 per cent increase since 2003. Globally, only 30 per cent of companies reported frauds this year, compared to 37 per cent in 2003.

The accounting firm's survey focuses on the various types of fraud — asset theft, accounting offences, money laundering, bribery and corruption — that are either perpetrated on com-panies by their own em-ployees (59 per cent of the cases in 2009) or by outsiders including customers and suppliers (38 per cent of The survey also makes the sobering point that economic downturns, such as the one we're in, increase "both the motivation and opportunity to commit fraud," just when cost-conscious companies are cutting back on resources used to assess risks and provide internal controls.

Still, this understates the problem of economic crime in Canada. What the survey doesn't delve into, however, is our longstanding structural predisposition toward fraudulent behaviour. Generally accepted Canadian accounting principles have long drawn criticism for the generous leeway they allow public companies to creatively shape financial results. This situation will only worsen when Canada adopts the new global accounting benchmark — International Financial Reporting Standards 2011. Even more than the current system, IFRS will allow companies leeway to make judgment calls when presenting results. It hardly helps that Cana-

da stumbles along with a network of 13 provincial and territorial securities commissions. most which are ineffective at identifying or pursuing fraud.

To be fair, some progress is in the offing. Federal Finance Minister Iim Flaherty has been resolute in campaigning for a national securities commission against the parochial objections of Alberta and Quebec in particular. And in late October, the federal government introduced legislation to amend the criminal code to provide tougher sentences and other strictures against convicted fraudsters. The bill is currently at the committee stage.

Canada is taking baby steps when it should be making great strides, but some progress is better than none at all.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

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Sesame Street toys find new home in Hasbro

Toy maker Hasbro Inc. said it will make and market toys and games based on Sesame Street characters starting in 2011. The deal takes the licence away from Mattel Inc. THE ASSOCIATED PRESS

Business

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Pension trustees 'totally failed': Judge

The trustees of Canada's biggest private sector, multi-employer pension plan "totally failed" in restricting how much money the fund poured into aues tionable Caribbean hotels and resorts, a court has

Justice Beverly Brown of the Ontario Court of Justice ruled yesterday that trustees of the Canadian Commercial Workers Industry Pension Plan did nothing to make sure they limited investments in the Caribbean ventures to 10 per cent or less of the book value of the plan's assets in 2002 and

Brown said she heard no evidence at the trial into alleged breaches of the Ontario Pension Benefits

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Act that the plan's 10-member board of union and company trustees ensured a special invest-ment committee complied with requirements to limit exposure.

"The only inference that can be drawn from the record, in the face of the clear duty of the members of the board of trustees to prudently and reasonably supervise the investment committee members in

this regard, is that they to-tally failed in the duty to supervise with respect to Brown said in her long-awaited 124-page ruling. The Financial Services Commission of Ontario

charged the trustees in 2006 with 15 act violations including "failing to exercise the care, dili-gence and skill," in running the plan that prudent people would expect in handling another person's money.

But Brown most of the other charges against the trustees relating to the handling and propriety of the investments after the Crown did not introduce any expert testimony at the trial.

TORSTAR NEWS SERVICE

Court eBay vs. Craigslist



California gubernatorial candidate and former eBay CEO Meg Whitman arrives at court to testify in the civil trial between eBay and Craigslist, vesterday in Georgetown, Del. The trial may be the first of a two-part, cross-country courtroom brawl between the online giants over their competing classified advertising businesses. Whitman allegedly oversaw eBay's aggressive 2004 purchase of a minority 28 per cent stake in Craigslist. She also still owns millions of dollars worth of stock in San Jose-based eBay.

Business in brief

RECOVERY Despite some economic improvements, U.S. Federal Reserve chairman Ben Bernanke warned yesterday it's still too soon to declare that

the budding recovery will last. The Fed chief repeated his belief that the recovery will continue at least into next year.

THE CANADIAN PRESS

Building permits rose to \$6.1B in October

GAINS The value of building permits in Canada rose 18 per cent in October to \$6.1 billion, led by gains in the value of nonresidential permits and in construction intentions for single-family dwellings.

The total value of building permits increased in six provinces, led by Alberta and Ontario

Statistics Canada said the value of residential permits climbed 3.8 per cent to \$3.4 billion, the third consecutive monthly increase. Most of this growth came in Ontario and Quebec.

In the non-residential sector, municipalities issued permits worth \$2.7 billion, a 42.4 per cent jump after a 9.2 per cent decline in September.

All three components of non-residential construction permits increased in October

Intentions increased in every component of the non-residential sector in October. THE CANADIAN PRESS

RIM shares climb as smartphone deal in China revealed

PHONES Shares of BlackBerry-maker Research In Motion have taken a three per cent jump after the smartphone maker announced plans to increase its business in China

RIM's stock was up \$2.13 to \$64.19 in morning trading on the Toronto Stock Exchange.

Waterloo, Ont.based company says it has a deal with Hong Kong-listed Digital China to distribute smartphones in mainland China. Digital China says it is the country's largest information technology services provider.

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA





Six steps to help you cope with job loss

mations about the end of the recession doesn't ease the pain of job loss, especially at this time of year. Here are six steps to help you through it.

Face up to the facts. **1** Face up to the facts. The very worst thing you can do is retreat into a shell of denial. Some people even go to the extent of pretending they haven't lost their jobs. There's no shame in it, so spend your emotional energy on finding another

2 Keep to a routine. Jobs provide Without it days become aimless and despondency can set in. Get up at nor-

gible for

mal time and detime looking for a new job as you would

working. 3Do a financial audit. When you or your spouse out of work immediately inventory your debts

and assets, what to do afterwards. income and expenditures to determine how much shortfall you might face. Then

be proactive and adjust your spending accordingly. 4Go for quick cash. If you are eli-

employment insurance apply for it immediately

Alison**On**Money Alison

Griffiths

you'd be surprised how many people delay because of embarrassment. If you're not eligible, look for any kind of work and any hours in order to maintain cash flow. Working will keep you

Alison's

Money Rule:

Losing a job is akin to dy-

ing though not nearly so fi-

nal. There's no real way to

prepare for the pink slip but

there are a few rules about

energized help you feel good about yourself.

Re-adjust your holiday plans. If you have alpur-gifts other ready chased for adults, return them and focus on your children if you have any. Kids get stressed when

parents lose jobs so try to keep things normal. But be upfront with them to keep their expectations in check.

6 Ask for help. If you are the holiday dinner host or like to entertain, tell your friends and family about your situation. Trust them to pitch in. This is the season of giving, after all.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Gold could lose its shine



The positive trend continues as the U.S. unemployment rate ticked down for the first time in many months. The unemploy-ment rate dropped to 10 per cent for the month of November versus 10.2 per cent for the month of October. About 11,000 jobs were lost, the best reading since December 2007. This number caught many by surprise, causing a spike in the U.S. dollar and a quick selloff in the price of gold.

The market continues to rise on the back of these more positive numbers. However, perhaps some of the more "crowded trades'

of this past year such as the shorting of the U.S. dollar and the buying of gold, which has driven the market to recent annual highs, may be slowing

Precious metals, in par-ticular gold, have been a great asset class to be invested in over the last few years. It seems like many investors have been askwhether they should own gold in their portfo-

main sage re garding gold other and precious

My

lio.

metal investments is to be careful. If the U.S. dollar begins to strengthen there could be a mass exodus from the yellow metal. Just as investors have been buying gold quite rapidly over the last year, many could begin to sell just as quick and the price for gold and other precious metals could fall sharply. I am not saying this will happen to-day, but investors need to be cognizant of this possibility.

investors, we still need to try to take advantage of our current low interest rate environ-

ment. As have said many times, it is the No. 1 factor driving mar-kets higher. After receiving the latest November U.S. unemployment numbers, we can clearly see that interest rates will not be this low forever and things will be different when rates begin to rise at some point next vear.

Allan Small can be reached at asmall@dun-deesecurities.com The views expressed are not necessarily those of Dundee Securities

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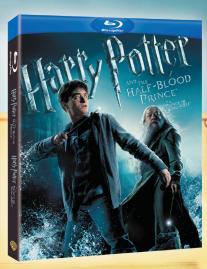


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Heisman finalists named

Tim Tebow and Colt McCoy are headed back to the Heisman Trophy presentation as finalists, along with running backs Mark Ingram and Toby Gerhart and defensive tackle Ndamukong Suh. The five finalists were announced yesterday. The Heisman Trophy will be awarded Saturday in Manhattan. THE ASSOCIATED PRESS

Sports



Herzog headed to Hall

Manager Whitey Herzog, left, and umpire Doug Harvey are the newest members of baseball's Hall of Fame. The Veterans Committee announced the voting results yesterday. Herzog managed in the majors from 1973-THE ASSOCIATED PRESS

Woods had \$235 in SUV: police report

A police officer who responded to Tiger Woods' SUV accident outside his Florida home found two iron golf clubs on the ground and \$235 US in the vehicle.
The Windermere officer

said in a report released yesterday that Woods was at first unresponsive, lying on the road covered in a blanket and



Tiger Woods

head on a pillow. The officer. whose name was redacted from the report, said

resting his

the world's No. 1 golfer tried to stand up before the officer told him to lie down for his safety. The officer used the pillow to immobilize the golfer's spine.

Woods was bleeding from cut lips but was breathing normally. His wife, Elin, was kneeling over him.

The sport utility vehicle's engine was still running, the front passenger door was jammed and both rear door windows were broken out. The two golf clubs were next to a golf cart, which also was in the road, the report

THE ASSOCIATED PRESS

Young skip generating buzz

Gunnlaugson a favourite with fans at Olympic curling trials

Move over Kevin Martin and Randy Ferbey. There's a new fan favourite emerging at the Canadian Olympic curling trials.

Jason Gunnlaugson is a 25vear-old, baby-faced skip with long shaggy hair who lists his occupation as an online poker player. And while he's considered an underdog to win a berth in the Vancouver Olympics, he is generating the most buzz this week in Edmonton.

Gunnlaugson, who lives in Winnipeg but curls out of the Beausejour Curling Club, snagged a spot in the trials at the pre-trials tournament in Prince George, B.C., last month.

He's only been skipping for a year but his boyish



Jason Gunnlaugson

looks and confident swagger have made him a favourite with the fans at Rexall Place.

"As a huge curling fan myself I'm just so happy I get to watch and the front row seats are going to be amazing," he said yesterday.
"It will be easy to keep focused on the game but in between ends you're going to be looking over and saying holy crap these guys are

Gunnlaugson says he has been learning from the vet-

eran Canadian skips for

"Being the curling nerd I am we've been picking the brains of these guys for years and they probably thought, Oh, just some kids and now they're going to have to play us," he added. "We're just some kids expected by some to go 0-7 or 1-6. We just get to go surprise somebody."

Winnipeg's Jeff Stoughton has known Gunnlaugson since he was a child. His uncle, Garry Van Den Berghe, was a Stoughton teammate for 15 years. "He is so passionate about

the game and I think it's great for the game and it's going to be a lot of fun for him this week," Stoughton said.

Gunnlaugson lost to Kevin Koe yesterday, who played a conservative game and managed to capitalize on the youngster's misses in a 7-2 victory.

The road doesn't get any easier for Gunnlaugson, who dropped to 0-2 and faces Glenn Howard today.

"It's blatantly obvious that one was on me. The boys played so phenomenal. It's kind of frustrating," Gunnlaugson said.

THE CANADIAN PRESS

Sports in brief

SOCCER The Canadian Soccer Association is removing the interim tag from national men's coach Stephen Hart's title.The CSA made it official at a news conference yesterday at a downtown Toronto hotel.

CURLING Defending Canadian women's champion Jennifer Jones is on the brink after losina her second consecutive game at the Canadian Olympic curling tri-als in Edmonton. Jones gave up four points in the fifth end vesterday morning and was dumped 9-3 by Krista McCarville.

CURLING Glenn Howard and Kevin Koe remained undefeated at the Canadian Olympic curling trials yesterday while Kevin Martin and Randy Ferbey stumbled, but the real battle appears to be the ice itself. Throughout the first two draws, Canada's top curlers have been surprisingly sloppy. Light on draws

heavy on draws, a lack of curl — the result has been

plenty of steals.

BASEBALL Brian Bruney was dealt yesterday to the Washington Nationals from the New York Yankees for a player to be named in the first trade of the winter meetings. The 27-year-old right-hander was 5-0 with a 3.92 ERA in 44 regular-season appearances . FOOTBALL Quarterback Jimmy Clausen and his favourite receiver, Golden Tate, will by-pass their senior seasons at Notre Dame and enter the NFL draft. The school

METRO NEWS SERVICES

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announced the players' decisions yesterday before a news conference was held



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NFL Packers take on Ravens



Green Bay Packers quarterback Aaron Rodgers looks back after throwing an interception during the first half of a game against the Baltimore Ravens last night. For a complete game recap, visit metronews.ca/sports.



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Ballet combined),

savs Bagshaw.

What's OUT

Express workouts.

minutes in length, so peo-

ple can get in and out of

the gym quickly. Including

a shower, you can be back

Jumping on a cardio ma-

chine such as a rower, sta-

tionary bike or treadmill

as running or walking. Al-

ways add some stretching,

weight-lifting and balance

exercises to heighten the

fitness experience. Traditional aerobic and step-

based group fitness classes

are on the decline.

says Bagshaw.

Singular workouts, such

and then calling it a day.

at work in 45 minutes.

Health & Beauty

Latest fitness trends coming in 2010

What's In and What's Out for those who are looking to stay in shape next year

CELIA MILNE for Metro Canada

In a world where nothing stands still, fitness is no exception. Things are moving fast, and workouts, to stay relevant, have to be quick, efficient and lively.

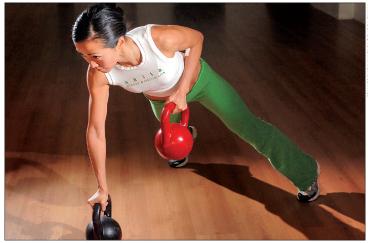
Metro asked Geoff Bagshaw, group exercise director of Denman Fitness in Vancouver, to shine a light on the trends. When it comes to exercise in 2010, here's a look at what's IN and what's OUT.

What's IN

"Strength Training is probably the biggest trend for 2010," says Bagshaw. "The public is much more educated about the benefits of strength training; they realize the importance of including this in their workouts. Especially with the aging population, the emphasis on resistance training will be even greater.

Kettlebell Training will also be "in." For the uninitiated, a kettlebell looks like a large, black bowling ball, with a suitcase handle on it. It comes in different weights and people like seven-time Tour de France winner Lance Armstrong like to hoist a few.

Cross-Fit programs ments based on gymnas-



Kettlebell training is one of the What's In fitness training methods for 2010.

weight-lifting, Kettlebell training and calisthenics.

"The workouts whole body exercises rather than isolated movements to better mimic actions that are performed in everyday life,"

Bagshaw. Zumba and dance-based classes are on the rise Thanks to shows like So You Think You Can Dance' and Dancing with the Stars, the popularity of dance-based group exercise classes has taken off. "Zumba, in particular, with its

Latin dance moves and rhythms, has almost developed a cult-like following around the world. says Bagshaw. Fusion workouts are hot,

hot, hot. These are workouts combine two or more disciplines into pro gram.

"We often

You can't jog off a night of drinkina names like Koga (Kickbox-

FITNESS Jogging off your ing and Yoga), Yogilates hangover? Drank too (Yoga and Pilates), Iron Yomuch at a Christmas party ga (Yoga using handweights), and Yoga last night? A British government survey recent-Booty Ballet (Hip Hop, Yoga ly found that almost one in five people admitted to exercising as a way of "making up for" a bout of heavy drinking. These are often just 30

But exercising does not undo the damage caused by over-indulging. It may help you feel better in the short term, and certainly regular exercise is good for you, but working out doesn't negate the effects that a binge has on your

Cirrhosis of the liver is a silent disease which develops over time from excess alcohol consumption. Canadian guidelines suggest women consume no more than nine drinks a week and men 14. And no, it's not advised to drink them all at once on Friday night.

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Working out over Christmas

How to stay fit when pressed for time during the holiday season

CELIA MILNE for Metro Canada

The holidays are coming, and with them lots of delicious temptations and less time to exercise. But you'd be surprised how little time you need to squeeze in some meaningful fitness, says Marci Lall, a weight loss and body sculpting specialist in Toronto.

Even if you take 10 minutes early in the morning and 10 minutes before bed, these mini-workouts will pay off, he says.

"These can lead to great results when the holidays are a drag on the amount of time you have available."

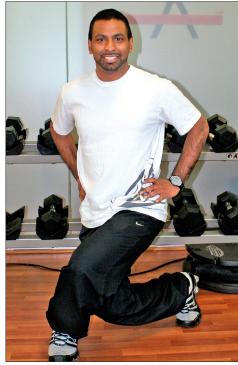
He has developed for Metro a quick workout you can do if you set aside either 10, 20 or 30 minutes.

"When you find yourself with a little break between holiday responsibilities, you can use that time to get a short exercise session in. This will add up and deliver much-needed calorie burning and enhanced cardio health."

If you have 10 minutes, do each exercise for 30 seconds, and aim for three sets. Always rest in between sets. If you have 20 minutes, do each exercise for 30 seconds, for five sets. If you have 30 minutes, do each exercise for 1 minute, for five sets.

PLIÉ LUNGES

- Stand with your feet shoulder-width apart, hands on your hips.
- With one leg, step in and behind you (see photo), bringing your knee toward the ground (don't let it touch the ground).
- Use your legs to push yourself back up to the starting position; repeat using the opposite leg.
- Keep your back straight throughout the exercise.



Lunges are a quick way to keep your legs toned.

T-PUSH UPS

- Get into a push-up position with the balls of your feet on the floor and your hands directly under your shoulders.
- Do a push-up as you would normally by bending your elbows and bringing your chest toward the ground. When you come back up to the starting position, rotate your body, lifting your arm out to the side to make a "T" with your body.
- As you push yourself upward, breathe out through your mouth.

SQUAT PULSES

- Stand with your feet shoulder-width apart with your back straight and head looking forward.
- Squat down so your knees are bent and your

butt sticks out to the back.

- You can reach your hands in front of you for counter balance so you don't fall backward.
- Once you're in the down position, slowly pulse up and down to give your thighs a nice burn.

PLANK

- Get into push-up position, resting on your forearms and the balls of your feet
- Make sure your elbows are aligned directly under your shoulders; hold this position while maintaining a straight back.
- Breathe naturally.

MOUNTAIN CLIMBERS

• Position yourself in a push-up position with one leg bent and close to your hand, kind of like a sprint-

er's starting position.

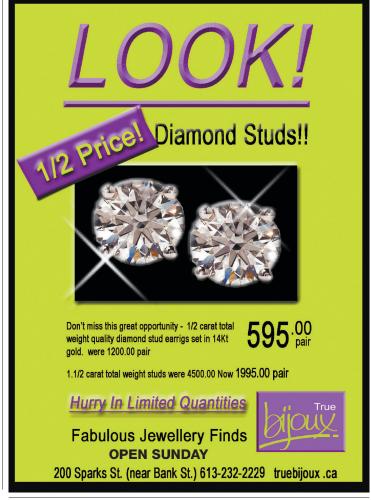
- Keep your head forward and your back leg extended out.
- Simultaneously switch your bent leg with your extended leg.
- Your opposite leg should be close to your hand and the leg that was bent should now be extended to the back.
- Get into a rhythm and perform this exercise smoothly.

Young adults more often prone to anger: Study

STUDY Young adults — who are more likely to feel time pressure, financial pressure and workplace stress — experience anger more often than older adults.

That is a finding from a survey of more than 1,000 Americans done by Prof. Scott Schieman from the Sociology Department at the University of Toronto. Schieman's findings will be included in the new International Handbook of Anger to be released in

Jan. 2010. Certain life circumstances are conducive to anger, he found. They include feeling rushed, having young children in the home, and experiencing money problems. Perhaps not surprisingly, people with a higher education were less likely to experience anger; they were more inclined to try to change stressful situations and talk things over than those with less education.





Heatlh and Fitness Trends

Cheating athletes nothing new: Vogels

Tiger Wood's alleged multiple affairs just the tip of the iceberg for 'culture of adultery'



Woods' bizarre Nov. 27 car accident brought his troubled marriage and seemingly multiple affairs to light. The fact that the world's greatest golf player an international sports hero and a family man with a squeaky clean image - also cheated on his wife has come as a shock to a lot of people.

But, as it turns out, eems Tiger's just like seems most of the rest of them.

According to a CNN report earlier this year — when former NFL star Steve McNair was shot to death by his 20-year-old mistress - 80 to 90 per cent of pro athletes cheat

interviewing 47 wives of professional athletes. Steven M. Ortiz, an assistant professor of sociology at Oregon State University concluded that a "culture of adultery" permeates professional sports today and that there is "a fastfood-sex mentality among professional athletes."

with

rock stars and politicians. the money. and fame combined with the fact constantly

on the

with-

As

on their wives. And, after your wife and surrounded by admirers is a

strong aphrodisithat can make "because

you can" good enough reacheat. 'There is cer-

tainly a different code for there is for the average says guy,' Montreal sportscaster Mitch Melnick. "It's not necessarily that ath-

lete's are hornier, they just have more opportunity and access to sex

Michael Landsberg, host of TSN's Off the Record once told me that "professional athletes don't even have to try, they can be devoid of any charisma, they can look bad, even smell bad and there will be women who will leave with them."

> athletes aren't the only part of the "culture of adultery" that stinks. In a feature

But, as far as I'm

concerned, the

for GQ magazine in 2006, Lisa DePaulo hung out with sports groupies and discovered that, Groupies 'Gutter

> Tiger Woods and his wife Elin are the latest sports couple to have their dirty laundry aired.

games and are happy just to give oral sex to an athlete (heck, even a bodyguard will do) while Fly Girls have something more going on.

They are just classy enough to often merit oral sex a second time. Sometimes there is jewelry involved."

And what of the wives? I'm sure — for some of the very reasons above — that being married to a pro-athlete is no picnic. But are they merely innocent by-standers? It's been reported that Tiger's wife is being offered a big chunk of change to stick with him in order to maintain his good-guy public image.

I can only imagine what that must feel like.

Um, I'd like you meet my damage control, I mean

Frankly, it all smells pretty rotten to me.

Josey Vogels is a sex and relationship colum-nist and author of five books on the subjects. For more info, visit joseyvogels.com.





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What is tooth erosion? It is simply the result of acid wearing away the enamel of the teeth. While enamel is the hardest substance in our bodies, it is not able to withstand the constant pressure of acid build up.

Our saliva is vital to the maintenance of the enamel of our teeth. Saliva actually strengthens and provides vital minerals that the teeth require However, if high levels of acid are present, saliva is unable to perform this vital function.

The result is the weakening or eroding of the enamel. It can manifest itself in a number of ways. Teeth may become discoloured or yellowed; they may become more sensitive; they can develop a rounded and or transparent

In more advanced cases, the teeth may



Dental Surgeon

develop cracks at the edges; small dents or "cups" may appear in areas where you bite; extreme sensitivity

Teeth erosion can be the result of certain medical conditions, such as a decrease in the production of saliva acid reflux or gastrointestinal issues. It is also common in people suffering from bulimia. But the primary cause of erosion is the excessive consumption of foods and drinks that are high in acid. Soft drinks and nure fruit juices are some of the primary culprits.

Fortunately, you can take action to reduce the likelihood of erosion. Reducing the consumption of soft drinks, pure fruit juices or other foods that are high in acid will obviously

Other ways to reduce the damage of erosion include:

- using a straw when drinking acidic beverages to allow the liquid to pass to the back of your mouth more quickly.
- . swallow such food or drink quickly rather than allowing them to linger;
- · rinse your mouth with water after
- . do not brush your teeth for an hour after consuming acidic beverages or foods as this could help the acid to
- · chew sugar free gums that promote saliva flow and help remineralize

Taking these steps can help prevent acid erosion from compromising vour smile. Of course, if you are experiencing any of the symptoms discussed above, you should contact your dentist. Because maintain strong enamel on your teeth is a healthy habit...and healthier habits lead to healthier lives.

Dr. David Lui

- Dental Surgeon

This month Taco Bell goes back to the basics with its new jet black corn taco shell. Along with the shell makeover, this new treat includes a special zesty pepper jack sauce. The tacos cost \$1.30 each and are available until Jan. 10, 2010. METRO NEWS SERVICES



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Party appetizers

Tips on planning appetizers for a holiday cocktail party: As guests arrive, welcome them with spreads, dips and crudites, seasoned nuts and appetizers that you can arrange hours ahead and that won't go soggy in the fridge. As the party gets underway, serve appetizers that require last-minute arranging. Surround pates or terrines with crackers and breads, then garnish. Source: The Complete Christmas Book by The Editors of Canadian Living Magazine.

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

Delicious comfort dishes

There's a love affair between Canadians and their slow cookers.

I've heard them called everything from a "life-saver" to a "marriage saver." While I'm not sure I'd go quite that far, the slow cooker certainly has earned a spot in a growing number of kitchens. Bubbling away on the counter, it delivers reliably delicious braised and pot roasted dishes, sustaining soups, chilis, curries and pasta sauces, vegetables and much more. It even

makes drinks, comfy desserts, dips and spreads.

The key is finding a really good cookbook to make your slow cooker work even harder. Look no further: The Slow Cooker Collection, our newest book, has arrived. It's well stocked with family-pleasing everyday favourites and dishes that take the fuss out of entertaining. Here's a small sampling to tease your taste buds.



MAKES 3 CUPS

This is a perennial party pleaser, one that's easy to make with pantry staples. Serve with a variety of



 ${\it Chicken Squash Curry from Canadian Living's newest book, The Slow Cooker Collection.}$

crackers, pita chips and vegetables.

INGREDIENTS:

- 1 can (14 oz/398 mL) artichoke hearts
- 1 pkg (8 oz/250 g) cream cheese, cubed and softened • 1/2 cup each sour cream
- and mayonnaise1/4 cup grated Parmesan cheese
- 1/4 cup chopped drained oil-packed sun-dried toma-

toes

- 1 clove garlic, minced
- 1/4 tsp pepper
- 2 tbsp chopped green onion

METHOD:

1. Drain artichoke hearts; pat dry and chop. Add to 1 1/2-quart (1.5 L) slow cooker along with cream cheese, sour cream, mayonnaise, Parmesan, sun-dried tomatoes, garlic and pepper; stir

to combine.

2. Cover and cook on low, stirring twice, until blended and hot, about two hours. Sprinkle with green onion.

Chicken Squash Curry PREP TIME: 8 MINUTES / COOK TIME: MAKES 4 SERVINGS26 MINUTES

INGREDIENTS:

• 2 Tbsp vegetable oil

• 1 lb boneless skinless chicken thighs, cubed

- 1 onion, chopped
- 2 hot green peppers,
- seeded and chopped
- 2 cups cubed seeded peeled butternut squash (about 1 lb/500 g)
- 3 Tbsp mild Indian curry paste
- 1 can (28 oz/796 mL) diced tomatoes
- 1/4 cup chopped fresh coriander

METHOD

- 1. In Dutch oven, heat half of the oil over medium-high heat; brown chicken. Remove to plate.
- 2. In same Dutch oven, heat remaining oil over medium heat; cook onion and hot peppers, stirring occasionally, until softened, about 5 minutes.
- 3. Add squash and curry paste; cook, stirring, until fragrant, about 1 minute.
- 4. Add tomatoes and bring to boil, scraping up brown bits. Return chicken and any juices to pan. Reduce heat, cover and simmer until squash is tender, about 20 minutes. Sprinkle with coriander.





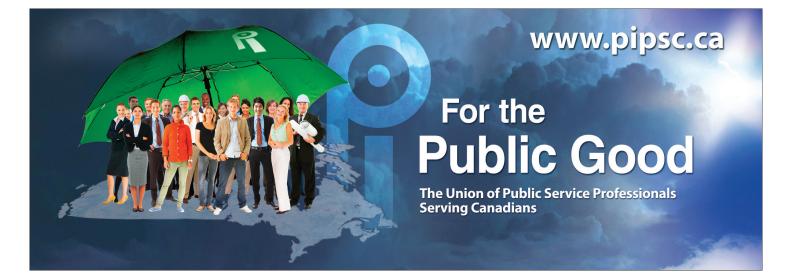
Brandy's bad rap

ou've got to feel sorry for brandy. Long associated with cigar smoking old men; even getting name dropped in dozens of rap songs hasn't made it any more hip hop to drink.

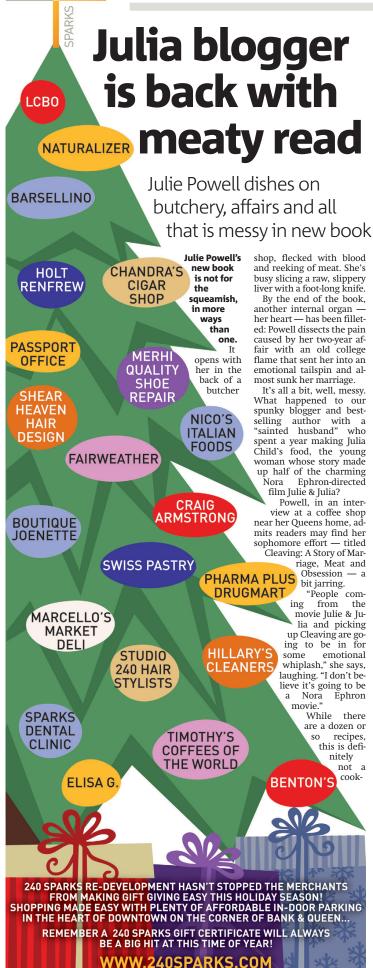
The price is one problem. A decent brandy will set you back at least \$20 with many — especially a top drawer French Cognac — well over \$50. There's more trouble in the glass. Brandy may be distilled wine but its flavour can come across full-bodied and boozy with what seems like a raw, burnt-like taste.

To bring brandy into the 21st century its makers have reported for kitchen duty: looking for ways to associate their spirit with food and encouraging you to pour their creations ice cold.

I gave it a try by popping a bottle of **Rémy Martin's V.S.O.P. Cognac** (\$67.49 - \$87.95) into my refrigerator's freezer for a couple of hours and was impressed to find how the chill softened the perception of alcohol and enhanced its creamy butter-scotch flavour.



24 food





Julie & Julia blogger Julie Powell explores the link between butchering and her tortured romantic life in her sophmore book Cleaving: A Story of Marriage, Meat and Obsession.

book. Instead, Powell reveals the pain of loving two men at once, of her fondness for sadomasochism and even a bout of self-punishing sex with a stranger.

"It's darker in certain ways, definitely," says Powell's editor, Judith Clain. "But I guess, for me, I wouldn't have been interested in a sort of sweet sequel to the first book.

To me, it wouldn't have been as interesting."

teresting."
Powell, 36, began her affair in 2004 as she was putting the finishing touches on her first book, a time she writes she was "starry-eyed and vaguely discontented and had too much time on my hand?" By 2006 she

and had too much time on my hands." By 2006, she had landed an apprentice-ship at a butcher shop two hours north of New York City, which offered an escape from her crumbling marriage and a place to explore her childhood curiosity with butchers.

Why butchers? She says

Why butchers? She says she's always been attracted to their authority, machismo and mysterious skills. "The way they held a knife in their hand was like an extension of themselves," she says. "I'm a very clumsy person. I don't play sports. That kind of physical skill is really foreign to me and I'm really envious of that."

In the book, Powell alternates tales of how she learned to slice pork loins

and break down sides of beef with graphic details about cheating on her husband, who finds out about the betrayal and embarks on his own affair in response. The Powells somehow stay together, miser-

"My goal is to stay honest and to stay close to the bone," she says in the interview. "My actions were not particularly justifi-

cleaving is in book stores now

Her prose explores the link between butchering and her own tortured romantic life. At one point, while cutting the connective tissue on a pig's leg, she writes: "It's sad, but a relief as well, to know that two things so closely bound together can separate with so little violence, leaving smooth surfaces instead of bloody shreds."

Things seemed much sunnier in 2003 when the former secretary became an Internet darling after blogging for a year about making every recipe in Julia Child's Mastering the Art of French Cooking. Her husband, endlessly encouraging, washed the dishes.

The result was the 2005 book Julie and Julia: 365 Days, 524 Recipes, 1 Tiny Apartment Kitchen, which became part of last summer's hit film Julie & Julia. But Powell, who was por"People coming from the movie Julie & Julia and picking up Cleaving are going to be in for some emotional whiplash."

Julie Powell, author

trayed in the movie by the winsome Amy Adams, had a dark secret by then.

The way she had described her home life in the book - and adopted by the film - made her squirm, in light of the subsequent affair. "My interpretation of my own marriage had been too easy and then it had been set forth as this paragon of the institution. It's not that simple," she says.

"I never want to be that complacent again. I'm never going to call my marriage 'fixed.' I'm never going to call it anything. It's where it is right now. And right now, we're doing really well." (Both her husband and ex-lover granted legal permission to be depicted).

While writing her new book, Powell's relationship with meat changed. She's no longer afraid of offal—in fact, she says she just had blood sausage for lunch—and her appreciation for the taste of a quality cut has deepened.

"I'm less prone to gussy it up," she says.

THE ASSOCIATED PRESS



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26

Coldplay works with Eno again

Coldplay is working with Brian Eno again on a new album. Frontman Chris Martin hopes the legendary music producer can help make the group's next LP sound more intimate. FEMALEFIRST.CO.UK

Entertainment



Adams Family

Amy Adams is pregnant with her first child, according to People magazine. Adams and her fiancé, Darren Legallo, were engaged last year. The baby is due early next year.

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Searching for balance

Chantal Kreviazuk stays connected to family while on tour

KUMAR SAHA Metro Canada

For Chantal Kreviazuk, a typical day on her current Canadian tour is a balancing act: Call her three boys in the morning. Get her vocals up to par for the show. Sneak in some moments to iChat with the kids. Sing her heart out on stage. Call the kids again before their bedtime.

"I'm pretty useless to them in the mothering role day-to-day right now out on the road. I can imagine how people who are away for extended periods from their children can be a little complacent and apathetic about calling, because it can often be more damaging than good sometimes. You can call and they can be frantic about saying goodbye," says the 35-year-old singersongwriter.

"You have to get past that and realize that the child still needs to know that you love them and you are thinking about them."

This search for equilibrium between her musical and family roles seeps into Kreviazuk's latest album, Plain Jane — a title that might as well be the way the Winnipeg native would like to identify herself these days.

Being plain and ordinary doesn't come easy to someone who has been a staple on Canadian charts since her 1996 debut Under These Rocks and Stones. A long-standing marriage to Raine Maida, frontman of Toronto band Our Lady Peace, isn't exactly a recipe for anonymity either, nor is a home in the Big Smoke a secluded retreat for a Canuck pop couple. But what allows Kreviazuk to step out of the spotlight is her life in Los Angeles, where she can remain in the background crafting hits for artists such as Kelly Clarkson and Gwen Stefani.

"We're focused on family ... and our second jobs as songwriters in a totally different market place, different nation. It's been a brilliant thing. I like me way

better than I would have if I had been just the girl in Canada with the microscope on myself," she says.

Her self-effacing approach works well when it comes to family. But that doesn't necessarily mean she allows herself to get dwarfed by the million-selling singers she collaborates with in L.A.

"I realize that they came to me because there was something about me the artist that they wanted. So I should be building that into the songwriting process with them," she says.

And if there's something of her that the self-pro-

And if there's something of her that the self-proclaimed "live performance junkie" wants to get across in the music is authentici-



Plain Jane is the latest album from Chantal Kreviazuk.

ty and humility.

"I feel like being more of an artist that people can relate to. I never wanted to be Beyoncé, I never wanted to be Madonna. I wanted to be a singer-songwriter on a life journey ... I wanted to be relatable on a very realistic level."



Andrew McCarthy, the star of some of the most iconic teen movies of the '80s, is getting back to his roots by taking on the CW's sexy drama, Gossip Girl. McCarthy will direct an episode set to air in the spring. PEOPLE.COM



entertainment 27

DVD picks

Harry Potter and the Half-Blood **Prince**

Director: David Yate

HORMONES RACE, but the magic mainly idles in this Harry Potter episode, a stage-setting

which boyish fascinations give way to manly concerns



The boys and girls have grown into young men and women, leading to serious romantic entanglements and attendant jealousies.

There is still magic, but it all has dramatic purpose and much of it points to the final two films, in which youthful wizard Harry (Daniel Radcliffe) and his nemesis Voldemort, the Dark Lord, will engage in a decisive battle.

Returning director David Yates and screen-writer Steve Kloves have fashioned this as more of a mystery than previous installments.

Julie & Julia

Director: Nora Ephi NORA EPHRON'S latest is lighter than most of the French cooking featured

It cross-cuts between the 1950's, watching Meryl Streep play Julia discovering favourite cuisine in France, and more recent times. as Amv Adams plays Julia Powell, a Child wannabe in New York

shaky pastry, gether by Streep's tremendous and entertain-



ing portraval of Child

She's got the chef's voice and manners down pat, and even manages to approximate her towering height.

Another Oscar nomination seems assured for her, and also possibly for Stanley Tucci, who plays her indulgent husband.

Adams is merely ade-

quate as Powell. Peter Howell/for Metro Canada

Don't shake Howie's hand

Howie Mandel's autobiography looks at his life with phobias

IAN JOHNSTON

Comedian and game show host Howie Mandel says the best way to deal with his on-going mental issues has always been a good laugh.

"In comedy, nobody canhear you scream," Mandel, who is currently promoting his autobiography Here's The Deal Don't Touch Me, a candid look at his comedy life and his struggle with Obsessive Compulsive Disorder and Attention Deficit Hyper-activity Disorder.

"I'm always dealing with issues - whether it be OCD or ADHD. I'm terrorized constantly by intrusive thoughts, which inform what I do.

"The way I deal, and have always dealt with, those darkest moments is be funny.

Mandel, who got his start more than 30 years ago at Toronto's Yuk Yuks, says he never set out to be so personal in his book.



Howie Mandel writes about his struggle with OCD and ADHD.

But since his mental issues without thinking dominate his life

Mandel Here's The "germaphobe" Deal- Don't who avoids shak-Touch Me by even hands ing it was Howie Mandel is in difficult to bookstores ignore.

– like Plus all his career now. moves he agreed to the book

"I said 'yes' without thinking what the ramifications of it would be. It was suppose to be a light and funny autobiography. That was the intent.

"If I'd thought about how honest I'd have to be, I wouldn't have done it," he says.

"But then again, if I would have thought what are the odds of being a successful comedian in LA? I probably wouldn't have done that either."

Still, entertaining thousands at sold-out concerts and hosting Deal Or No Deal does seem an odd career choice for a guy who doesn't like to be touched.

"Well, truth is what I'm doing right now - promoting the book, going to book signings or talking to you - that's all more oneon-one than comedy.

"I do a concert and I really don't make direct contact with anyone unless I want to.

Still, even Mandel hadn't anticipated he'd be on a book tour during the H1NI flu crisis. But as predicted. he finds some humour in that irony.

"But who would have guessed I'd be out promoting my book in the midst this awful pandemic? And here's me out there signing books and meeting all these people. It's crazy."

Shakira shakes up Oxford society club

PHILANTHROPY The Colombian singer who is famous for hits like Hips Don't Lie and Whenever, Wherever joins a diverse group of luminaries (including the Dalai Lama) when she addressed the Oxford Union yesterday in Oxford, England. The union is the ancient university's famous debating and social societv. The 32-year-old is also a UNICEF ambassador, and addressed the union about the work of her Barefoot Foundation.

THE ASSOCIATED PRESS

In **brief**

MUSIC Daniel Powter, whose hit Bad Day reigned on top of the Billboard pop charts for five weeks in 2006, was named as the decade's top one-hit wonder by Billboard.

NEWSCAST Diane Sawyer says this week is her last as co-anchor of ABC's Good Morning America as she prepares to replace Charles Gibson on World THE ASSOCIATED PRESS





critics'corner—

takes to the stage in this new episode, performing "Daughter Down," "A Million Miles Away" and other songs from her 10th studio album, "Free." No Jann Arden concert would be complete without her two biggest hits, "Good Mother" and "Insensitive." 10 PM on 40 BVO



Better Off Ted

Ted and his colleagues at Veridian return for a second season as the company begins matchmaking employees based on their genetic compatibility, hoping to save on the health insurance bills associated with imperfectly bred children. Taye Diggs guest stars as the hottie designated as Linda's perfect match in the new episode "Love Blurts." 9:30 PM on 20 ABC

Alicia finds herself immersed in her old life when she is asked to represent the teenage son of a former friend, an assignment that requires her to return to her old neighborhood in "You Can't Go Home Again." 10 PM on 13 CBS

28 entertainment



Matt Damon steps into the shoes of South African rugby player Francois Pienaar in Invictus.

It's all in the body

Damon trained hard for Invictus role

NED EHRBAR Metro World News

Before Matt
Damon could
even think about
working on the
accent and muscles
needed to portray South
African rugby star Francois
Pienaar in Invictus, he had
a much more pressing concern: his height.

"The very first day I got to South Africa, Francois invited me over to his house for a gourmet dinner that he was cooking," Damon remembers about meeting the six-foot-three-inch Pienaar. "He opened the door and I looked up at him, and the first thing I ever said to Francois Pienaar in my life

was,

much bigger
on film."
Though Damon is
no
stranger
to
heavy
training after
his work
in the

Bourne films,

that was noth-

look

"This is the fictionalized version of somebody's life. I don't want to let him down."

Matt Damon

ing compared to Invictus, he says.

"I was in better shape for this movie," Damon insists, owing the extra effort to his budding friendship with Pienaar. "This is his life. I don't want to embarrass him. If Jason Bourne looks a little flabby, that's on me. This is the fictionalization of somebody's actual life. I didn't

actual life. I didn't want to let him down."

As an added challenge, his work on Invictus came right after this fall's The Informant, in which he packed on a considerable amount of flab. "I had a good time putting the weight on, and then a tough time reshaping the

Though physically daunting, Damon was committed to doing the film because of the story it tells: Nelson Mandela us-

weight," he says.

ing the 1995 Rugby World Cup to unite the citizens of South Africa after apartheid.

"As actors, we react to the material that's out there. I probably just react more strongly to things that I feel have some social value," he says.

"I remember (Mandela's)

"I remember (Mandela's) Boston visit. I remember the whole world tour. In my high school, we had the 'Free Nelson Mandela' ribbons. Kids were wearing those before they knew who he was."

Damon credits director Clint Eastwood for an incredibly easy working experience

rience.

"You walk on **Invictus** and it's like walking into opens in an emergency room. And theatres tension that bleeds into the **Friday** performances and the film it-

self," he says. "But Clint just leads an incredibly tight ship."

Damon was particularly impressed with Eastwood's commitment to keeping things moving.

"After you do a take, he goes, 'Well, let's not f— this up by thinking about it too much."

OWN IT DECEMBER 8 ON DVD AND E



Fifty years on, 3-D gets respect

Big name directors turn to genre

introduced in the 1950s, they have functioned more as a novelty than a practical storytelling device. However, more than 50 years (and a whole lot of advances in technology) later, a new wave of 3-D is bringing forth a new frontier in filmmaking.

Led by veteran directors such as Robert Zemeckis and James Cameron, the medium is gain-

ing more respect than it ever did in 3-D's second wave in the early '80s, where fuzzv knives and blurry sharks came at the audience predictable punchlines in Friday the 13th: Part III and Jaws 3-D, respective-

Gone are the cardboard glasses with one red and and one

blue lens, but throughout Scrooge's journey in Zemeckis' Disney's A Christmas Carol, the 3-D effects can still be intrusive and they are not at all subtle.



Re-released versions of the Toy Story films, left, and the upcoming Avatar are part of a new wave of 3-D films.

tions of animators to engage audiences in a whole new way.

Avatar. And Cameron's epic about humans exploiting foreign resources on another planet has been rumoured to have cost as much as \$500 million to make.

Though Fox Filmed Entertainment chairman Jim Gianopulos recently dismissed that figure as "ridiculous," the film does use unprecedented camera and computer technology that many outlets promising are change the future of filmmaking. And Gianopulos said he has no doubt the film will turn a profit, which may mean that 3-D could

finally prove to be much more than a gimmick.

> METRO WORLD

depth to the beautiful computer-rendered streets of London, Each detail of Ebenezer is lifelike in fusing his emotional plight However, most of the 3with the surreal concoc-

Three ages of 3-D

 Bwana Devil (1952): The first feature-length movie in 3-D helped launch the craze in the '50s. Starring Robert Stack, the drama is about the building of the Uganda Rail-

Friday the 13th: Part III (1982), Jaws 3-D (1983) and Freddy's Dead: The Final Nightmare (1991): The Holy trinity of 3-D cinema, these horror pics represent the apex of 3-D film technology in the '80s. Laden with unapologetic

gimmicks, they attracted audiences with rollercoaster-type

D effects add substantial

 Toy Story and Toy Story 2 (2009): Launched almost 14 years ago, the recently 3-D'd double feature reminds us that a movie should rely on story not technology in order to please audiences. Still as charming and funny as ever, you almost forget about the 3-D effects as you become emotionally invested in our tiny plastic heroes.

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30 entertainment



George Michael has admitted to smoking crack cocaine. The former Wham! singer has spoken out about his use of the Class A drug and claims he has smoked it "once or twice," femalefirst.co.uk reports. METRO NEWS SERVICES

Celebrity Buzz

Celebrity tweets

Chris Brown gets a kick out of clumsy paparazzi, Diablo Cody likes to travel prepared, and Paris Hilton uses Twitter for tech support,

@Mechani-

calDummy in the airport and camera guy asked me stupid questions then ran into a pole.. hella funny @diablocody Don't ever try to bring novelty brass knuckles on a plane. Even if they're pink. I speak from experience.

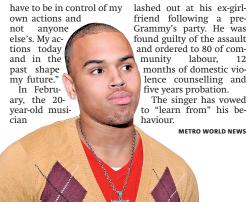
@ParisHilton I was at dinner last night and someone spilled their drink on my blackberry and now it's broken. :(Any suggestions on



Brown still 'embarrassed'

POOR BABY Chris Brown is "embarrassed" about his assault on his ex-girlfriend Rihanna, femalefirst.co.uk reports. The singer has spoken out about his humiliation at losing his temper with the 21-year-old beauty in an attack which left her covered in bruises and bite marks and has revealed he still can't look at the photographs of her in-

He said: "It's unbearable to view. It's something that I have to live with every time they show it. I'm embarrassed that I couldn't control my anger at that time. It's a reminder that I



Teen wolf likes to dote

Michael admits to drug use

THAT'S most completely un-**CUTE** Taylor Lautnoticed, accordner may not be ing to Hollyscoop. willing to con-"No one knew firm a rela-tionship with singer Taylor Swift, but he's Taylor was there," says a source. "It was obvious he didn't want to take away from sure acting like doting boyfriend. The New her special day. He Moon star snuck into was there to suplast weekend's Jingle port her." METRO WORLD Ball concert in Los Angeles for her NEWS performance, going al-

Weezer singer in bus crash

HOSPITALIZED singer Rivers Cuomo was hospitalized after a tour bus crash in upstate New York left him complaining of ribcage pain, according to the Albany Times Union. One other person was taken to the hospital. Cuomo's wife and 2-year-old daughter were on board

but were both harmed. METRO WORLD

Spears family plays down Courtney claims

CHANGES? Britney Spears' family is going on defensive, denving wild claims made by Courtney Love that Britney was molested as a young girl by father Jamie Spears, according to Rush & Molloy.

Also, femalefirst.co.uk is reporting Britney Spears' conservatorship could end soon. The 28-year-old singer's father — who was made co-conservator of her personal and professional affairs after her public breakdown in 2008 —

has met with lawyers and wants a judge to review the conditions of the

agreement now Britney's Circus tour has ended.,



Russell Brand: Family man

OR SO HE SAYS... That cadtold Britain's GMTV. "I about-town Russell Brand thought I was promiscuis long gone. In his ous, but it turns out I was place: Russell just thorough — to get the Brand, the po-tential famiright one. I'm ever so happy. ly man, peo-And while he may never ple.com

ports. And his shedding his wandering ways is thanks to his rumored girlfriend,

ry, says Brand. "It was a deep craving within me - I mistook it for lust," the co-

Katy Per-

be ready to tie the knot, kids are definitely on the table, he says. "I don't know, get married, you say? That would be good, isn't it? I want to have children that would be good,' he said METRO NEWS





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Tattoo honours pal

OR SO SHE SAYS... The world seemed up in arms after photographers snapped Miley Cyrus in a hot pink bikini that prominently displayed her new tattoo that reads "Just Breathe," popeater.com reports. Well, according to Perez Hilton, the 17-year-old's ink actually honors

the memory of one of her close friends that passed away due to Cystic Fibrosis over three years ago. Apparently "Just Breathe" is the slogan for the ʻJust Cystic Fibrosis Foundation

Last week.

popeaters.com asked its readers to vote on whether Cyrus should have a tattoo at 17. More than 56 per cent of 84,700 voters said she was too young, and it bothered them. Cyrus' step into the spotlight has led to much criticism, and she's had enough. During

an interview with the AP in September, Cyrus admitted that she's made her fair share of missteps wishes the public would have a little more respect for ĥer privacy.

METRO NEWS SERVIC-





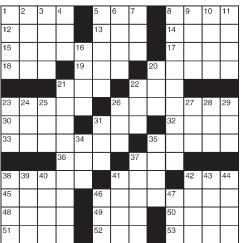




TAKE THE WEATHER WITH YOU The Weather Network

entertainment 31

For more delicious Metro recipes, visit: metronews.ca/food



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone - one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		1			2		
			4	5			
7	5					8	9
		7	3	2	9		
2	4					3	1
		9	5	1	6		
3	9					6	7
			7	8			
		8			5		

1 Complain 5 Fido's reply 8 Cupola 12 Sandwich cookie 13 Spelling contest 14 Concept 15 Show to be false 17 Drunkards 18 Perched 19 Туре measures 20 Aerosol output 21 Newcomer to society 22 By way of 23 August forecast word 26 Soldier

37 Pigpen 38 Needed liniment 41 Carnival city 42 Stitch 45 Circus performer? 46 Send 48 Some deer 49 Eggs 50 Give a hoot 51 Lecherous look

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

8 5 2 9 1 4

> 9 4 6 2 3 8 5

8

3 7 9

6 8 4 9

2 3

9

5 4 8

1 Pollacks' kin 2 Met melody 3 Take ten 4 Burst 5 Mushroom cloudmaker 30 Eye part 6 Guns the 31 Former engine 7 Doctor's due Saturn model 32 Race place 8 Difference 9 Stench purchase 10 Transcending 35 Cruising (Prefix) 36 Whopper 11 Simple

16 Clari-netist's sliver 20 Madam's mate 21 Annov

22 Forefront 23 That man's 24 Swiss canton 25 Blend

26 Stir-fry vessel 27 — and outs 28 Praise in verse 29 Scandinavian

52 Slithery fish rug style 53 Verifiable 31 Hockey venue

34 Help 35 On 37 Rope fiber 38 Roundish

hairstyle 39 Block the pipes

40 Shoe part 41 Split apart 42 Celebrity

43 Beige 44 Roller coaster shout

46 Anonymous John

47 Performance

5 7 8 9 4 2

3 1

2 5 6

3 9 2

8 7

4 6 5 2 8

3 6 7

2

4 1 8

1 7 6

5 9 4

THE

BACKYARD CHICKEN

3 5

Take Five



Salmon Puffs with Tzatziki

INGREDIENTS:

3/4 lb (375 g) pack prerolled puff pastry 5 1/3 oz (160 g) skinless salmon fillet, cut into 1/2in. (1 cm) squares 1/4 lb (125 g) frozen fava beans

1 oz (30 g) fresh dill, chopped 1 oz (30 g) snipped fresh chives

1 egg, beaten 1/2 cup (125 mL) ricotta cheese

1/2 cucumber 1 cup (250 mL) plain yogourt

METHOD:

1. Remove pastry from fridge. Preheat oven to 460°F (240°C). Put salmon squares in bowl and add frozen fava beans and herbs. Season and mix well

2. Unroll pastry, then cut into four 7 x 3 1/3 -in. (17.5 x 8.5 cm) pieces. Brush egg lightly all over pastry. Mound salmon mixture in centres of pastry pieces. Place ricotta cheese on each mound of filling. Fold long ends of pastry up to meet over filling and pinch together at top. Press sides together to

3. Transfer pastries to baking sheet and brush with egg. Bake until puffed and golden.

4. Meanwhile, grate cucumber into sieve and press out excess moisture over sink. Mix cucumber into yogourt. Transfer tzatziki to serving bowl and serve with hot salmon

rd.ca

For nutritional infor mation on this and other great recipes go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES

MARCH 21-APRIL 20

Someone who is jealous of your popularity and success will go out of their way to make life difficult for you today.

LIBRA

SEPT 23-OCT 23

Your confidence may have taken a dive of late but the way things pan out today will convince you there was never very much to worry about.

TAURUS

APRIL 21-MAY 21

You may want to be honest but the planets warn you will have to bend the truth a little. Most likely you will do so to protect someone's feelings.

SCORPIO

OCT 24-NOV 22 Advice will come at you from all directions today, making it difficult to work out who is talking sense and who is talking nonsense.

GEMINI

MAY 22-JUNE 21

Avoid get-rich-quick schemes because they will cost you a lot more than they make. Keep them at arm's length.

On the web

YER I COULD GET USED TO THIS IT SURE BEATS

SAGITTARIUS

NOV 23-DEC 21

You are strongly advised to keep your money in your pocket today because once you start to flash the cash there will be no stopping you.

CANCER

JUNE 22-JULY 22

It is of the utmost importance today that you control your temper, no matter how much others may try to provoke you.

CAPRICORN

DEC 22-JAN 20 Keep a low profile over the next 24 hours and keep looking forward to a time when you can show what you can do.

LEO

JULY 23-AUG 23

If you promise something to-day you will have to keep it come what may, so think twice before making that pledge.

AQUARIUS JAN 21-FEB 18

Give voice to your feelings but don't let all your resent-ments come to the surface at the same time.

VIRGO

AUG 24-SEPT 22 What you have been

worrying about these past few weeks was not worth the time or the effort.

PISCES

FEB 19-MARCH 20

Steer clear of people who tend to talk about nothing else but their aches and pains and what's gone wrong in their life.

TAKE A BREAK FROM WORK

Visit metronews.ca to watch metratube of the day

Today in history

1660 - Margaret Hughes becomes the first actress to appear on an English public stage, playing the role of Des-demona in a production of Shakespeare's play Othello. 1941 – Second World War: The Japanese invade Hong Kong, British Malaya and the Dutch East Indies. 1980 – John Lennon is shot and killed by Mark David Chapman in front of The Dakota apartment building in

New York City. 1993 – The North American Free Trade Agreement (NAF-TA) is signed into law by U.S. President Bill Clinton.

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> 1st passenger **1549**

2nd passenger

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All-Inclusive • Standard rm. Jan. 9 & 16 • 1 wk.

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2nd passenger

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2nd passenger

\$()

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